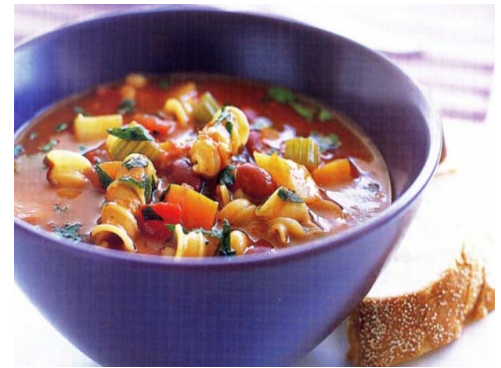


Minestrone Soup

Provided by Placer/Nevada UC CalFresh Nutrition Education Program and the Auburn Interfaith Food Closet



SERVES: 6-8

PREP TIME: 20 minutes

COOK TIME: 35 minutes

INGREDIENTS

- 1 1/2 teaspoons oil
- 3/4 cup white or yellow onion, chopped
- 4 cups vegetables, chopped or sliced – carrots, celery, zucchini, green beans, peas, etc.
- 1-2 garlic cloves, minced, or 1/4 teaspoon garlic powder
- 3 cans (14.5 oz. each) vegetable or chicken broth
- 1 can (15 oz.) red kidney beans, drained and rinsed
- 1 can (15 oz.) cannellini beans, drained and rinsed
- 2 cans (14.5 oz. each) diced tomatoes, undrained
- 2 bay leaves
- 3/4 teaspoon dried Italian seasoning
- 1/4 teaspoon pepper
- 1 cup dry pasta
- Parmesan cheese (optional garnish)

DIRECTIONS

1. Heat oil in a large pot over medium heat. Sauté onion and raw vegetables for 3-4 minutes. Stir in minced garlic and cook for an additional minute.
2. Stir in remaining ingredients, except for the pasta; cover and bring to a boil. Reduce heat and simmer for 10-15 minutes. Stir occasionally.
3. Stir in pasta. Bring to boil again and cook until soft, about 8-10 minutes. Remove and discard bay leaves.
4. Ladle into bowls and serve with Parmesan cheese.



www.auburnfoodcloset.org